

STONY MOUNTAIN

FLYER

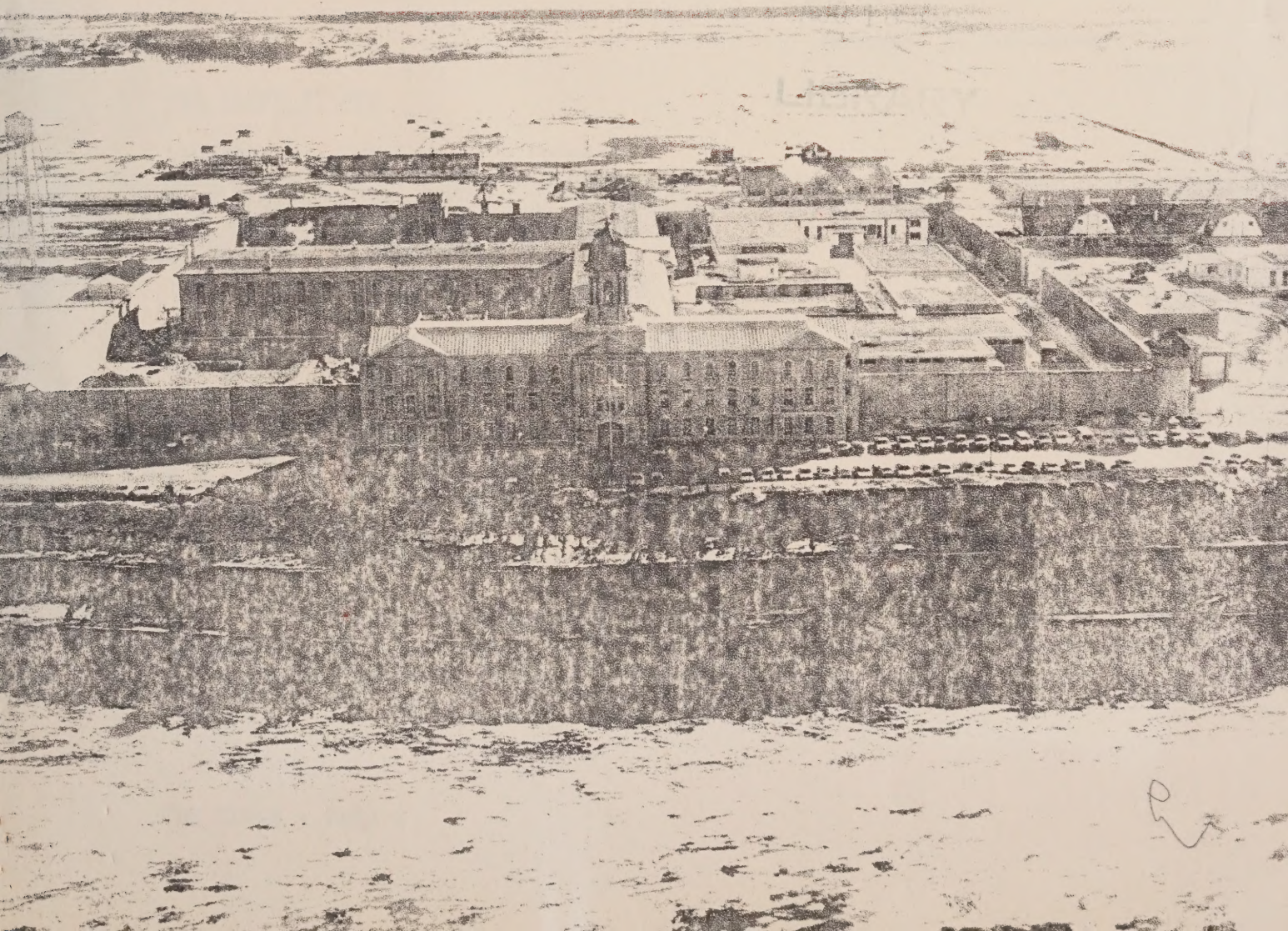


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CENTRE OF CRIMINOLOGY



EDITOR'S

NOTE

NOTES:

The views and opinions found herein are those of the writers and do not necessarily reflect the policy or views of the administration or the Solicitor General's Department. Permission to reprint any article is hereby granted, provided the author and the source is appropriately credited. The Flyer is published twice monthly by inmates of the Stony Mountain Institution.

If you find mistakes in this paper, please consider that they are there for a purpose. We try to publish something for everyone and some people are always looking for mistakes.

We are going to start putting a main story in the Flyer and do a back up on it in the following edition. Like the write up we put in the last edition of the Flyer, on Marijuana. You will find a follow up on it in this paper.

Editor; Al Jolicouer

THE FLYER STAFF:

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Quotes

The world is composed of takers and givers. The takers may eat better but the givers sleep better.

ATTENTION

Bridge Players

Doris McLirre, the director of the Bridge Club is calling for a show of interest in a tournament for October with a director from Saskatchewan.

Forward your names to Mr. R. Howard. Thank you.

Ask Andy...



Dear Andy:

How about these socials? How does one get invited to one of these get-togethers and how about bringing outside people? Who does all the work involved in putting on the social and who cleans up afterwards?

Wondering?

Dear Wondering?:

What a coincidence that you should ask about socials. On Sunday, 10th of August, 1980, the Native Brotherhood Organization had one of the highlight socials of the season. What a good, pleasing get-together it was. There was dancing, musicians, music and good food and friendship. Men had their loved ones with them and enjoyed the entertainment and a roast beef supper with all the trimmings served by kind people from the kitchen staff and fellow prisoners who volunteered to help in many ways. Everyone had a good time because a few people were willing to GIVE of their own time and their own effort to be helpful to others and to make sure that prisoners and their guests did not lack anything to make the day pleasant. People had their children with them and a more well-behaved bunch of youngsters you never did see.

Members of other groups in the prison were invited to attend and share which means a lot. And the amazing part of the whole happy day to many, was that there was no booze and no arguments. Just lots of love and friendship. No one bothered anyone else. What a good day from 2 to 8 P.M. The Native Brotherhood knows how to organize a social that is pleasing to all who attend and they are to be congratulated.

The costumed dancers and singers who were drumming their own music were professional in their displays of their culture. They deserve to be seen and heard at many functions.

Many of the other groups in the prison have socials from time to time, and the way to get invited is to join one or other of the A.A., J-Cees, Toastmasters, Native Brotherhood, or Chapel Groups, and get active in your participation. As well, there are the regular open population socials that everyone may attend. Outside guests who are on your approved visiting list may be invited. Group members do the work in setting up before and cleaning up after the socials and if you were to volunteer your services to one of the groups' Chairmen, you would automatically become a most welcomed member of the group.

Best regards, Andy.

MARIJUANA.. AGAIN

10 FACTS CANADIANS SHOULD KNOW ABOUT MARIJUANA AND ITS EFFECTS

1. According to a recent survey, men who smoked an average of five marijuana cigarettes a week had greater lung damage than men who smoked an average of sixteen or more cigarettes a day.
2. Prime Minister Trudeau has promised that if his Liberal Government is re-elected, it will move ahead with legislation to remove simple possession of marijuana from the Criminal Code. Conservative leader Joe Clark has also said that there should not be a criminal record attached to the possession of marijuana.
3. According to a survey taken in Canada's largest urban centres, 60 per cent felt that it would be a bad thing to legalize marijuana and 33 percent thought it would be a good thing. The Atlantic and Quebec regions were most decidedly against legalization while the Prairie Provinces were most strongly in favour.
4. Approximately one out of five students are reported to have used cannabis in the preceeding six months. Approximately one out of twelve adults are reported to have tried cannabis.
5. The first short-term effect is the "high"---a feeling of euphoria, and a tendency to talk and laugh much more than usual. Similar in many ways to mild alcohol intoxication.
6. Next, reddening of the eyes and an increase in the pulse rate.
7. Later on the user becomes quiet, reflective, and sleepy.

THE FOLLOWING ARE LONG-TERM EFFECTS OBSERVED IN SOME CANNABIS USERS (CANNABIS SATIVA IS THE HAMP PLANT FROM WHICH MARIJUANA AND HASHISH ARE OBTAINED)

8. Regular use, especially by teenagers and young adults, may lead to loss of energy and drive, slow confused thinking, impaired memory and lack of interest in any planned activity. This is known as the "amotivational syndrome".
9. In some cases physical discomforts occur, such as diarrhoea, cramps, weight loss or gain, blockage of blood vessels, and loss of sex drive
10. Tolerance develops---more of the drug is needed to produce the same effect.

MARIJUANA IS POTENTIALLY ONE OF THE MOST HARMFUL DRUGS AVAILABLE IN CANADA, AND ITS SMOKE HAS BEEN SHOWN TO CONTAIN 50 PERCENT MORE TAR THAN SMOKE FROM CIGARETTES.

(Addiction Research Foundation)

Chapel News...

THE TOUCH OF JESUS

Jesus, how I love You;
I love You, oh, so much.
When I am hurting deep inside,
You always come to me...
Then You pick me up, my Lord,
and hold me tenderly.
YOU ARE EVERYTHING I NEED.

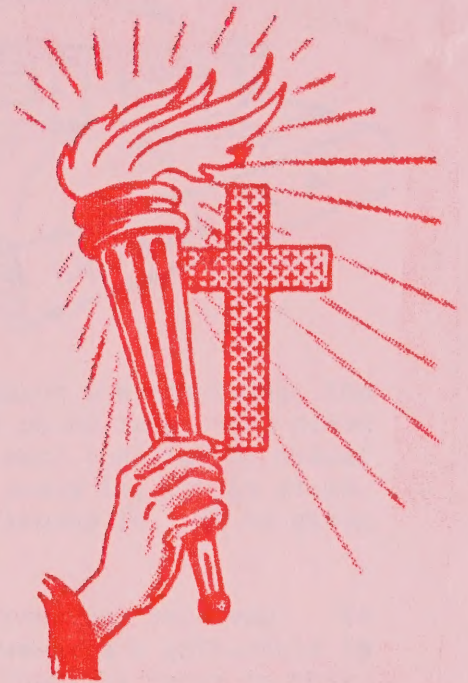
Jesus, please look into my heart and tell me what You see.
If there is something You don't like, then take it out of me.

When I think of Jesus, this is what I see:
One who loved me, oh, so much. He took my place on Calvary.

Now, friend, if you are in trouble and don't know what to do.
Please go and talk to Jesus. He will see you through.

There is not another like Him. He's the only One.
He loves you and He wants you to accept Him as God's Son.

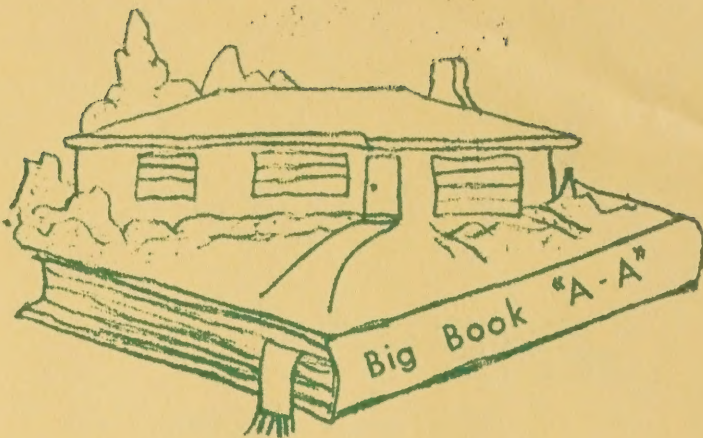
Now that you've met Jesus, welcome to the club.
I hope to walk with you again, in Heaven up above.



(BRENDA REED)

Alcoholics Anonymous...

THE SERENITY PRAYER - An Interpretation



GOD GRANT ME THE SERENITY...

I have known peace. The peace that comes in front of a fireplace on a cozy winter's night; the peace of the mountains. But when I would leave the mountains, the peace would leave me. When the fire went out or the phone rang, the peace would be gone. Peace came rarely and went quickly—a mood conjured by myself for myself. Serenity is different. It is all that peace is, but it stays. It carries over. It is with me and in me. Nothing disturbs it. It is given therefore it cannot be taken away.

TO ACCEPT THE THINGS I CANNOT CHANGE... One accepts when one receives. To understand, to take into mind without debate as one receives a gift—this is acceptance. Serenity precedes acceptance. It must. There is order to this. My mind must be calm in order to understand what you are saying. To listen to you without debate, I must not be afraid of you. With the gift of serenity I am able to accept people and circumstances as they are, not as I want them to be or as I think they should be. I am willing to accept the bad as well as the good, because it is all a part of the plan. When I accept situations as it is, when I accept you just as you are, I have stopped playing God.

COURAGE TO CHANGE THE THINGS I CAN... When my ego is involved and there's a calculated risk, I'm going to be gutsy, not courageous. It takes guts to ski a steep trail; I alone will be rewarded. Courage is different. There is always a parenthesis of fear in courage; the risk becomes minor. This parenthesis remains a void of fear until it is filled by God. There is no ego in a courageous act. Courage can ask for help. It is often something done for someone else, or it may be something I am not attracted to doing at all. I may lose by doing it. The courageous act is often the unpopular choice, to do or not to do. The results are seldom only mine. It requires more of me than I want to think I can do, alone. After it is finished, gratitude to someone or something is usually in order. Courage requires a moral strength not of myself. This strength is given by faith.

AND WISDOM TO KNOW THE DIFFERENCE... Wisdom is God's own conversation with me. Often He speaks through books or other people. Wisdom can be found merely by listening to others after I develop the ability to hear it in their words. To recognize wisdom, I must have compassion for others, which gives me insight rather than knowledge of myself. Facing reality encourages recognition of wisdom, because wisdom is always truth.

(The Grapevine, April 1977. "M.B., Dallas, Texas.")

MADE IN AMERICA



A NOVEL BY THE AUTHOR OF THE VALACHI PAPERS AND SERPICO

Peter Maas; 1979; The Viking Press, 625 Madison Avenue, New York, N.Y. 10022 and by Penguin Books Canada Limited.

It is not the American dream.

It's an American nightmare.

Richie Flynn, the poor Irish kid from Manhattan, had one brief moment of glory as a pro football star. After a decade of obscurity, he dreams of scoring again in a deal. The deal is a little shady, of course but nothing your normal American success story can't accommodate.

Then Flynn falls into the clutches of a monstrous loan shark, King Kong Karpstein. And that's just the beginning. Before his ordeal is over, Flynn has become a pawn in a battle between an ambitious federal prosecutor, Hamilton Wainwright IV and the country's most powerful Mafia boss, Frank Donato. Their battle not only threatens to destroy Flynn but alters the lives of countless others, chief among them Flynn's wife, Agnes, suddenly forced by circumstances into self-liberation; Fowler, the cynical civil servant who has seen too much; and Diane, the topless dancer, trapped in a world she never made.

As Richie Flynn reaches out for an all-American success that he believes—indeed has been taught—is his due, he is not alone in learning how elusive his hopes have been.

Relentless in its realism and compelling in its dramatic force, MADE IN AMERICA is a ferocious, brilliant novel about the corruption of the human spirit.

* * * * *

A wealthy Arab decided to share the wealth with his three sons. He asked the first, aged 17: "What can I give you, my son?" The boy replied: "Father, I would like a private airplane." So the Arab father built an airfield and then bought his son a Boeing 747. So, he asked the 15 year old: "What can I give you, my son?" The boy replied: "A power boat, my father." The Arab bought the Queen Mary.

The 9 year old answered before his father could ask the question: "Papa, I'd like a Mickey Mouse outfit."

His father bought him The Department of Energy.

SPORTS

Results

KARATE

A karate demonstration will be given by the Midwest Karate School on THURSDAY, AUGUST 28th, in the Recreation Hall. The demonstration will be conducted by Gerals Marr, the Director and Chief Instructor of the school. As well, several students from the school along with some of our own (brave?) volunteers will help out in the demonstration.

TRACK AND FIELD

The remaining events from the rain-delayed Track and Field Weekend will be run off on FRIDAY evening, AUGUST 15th, beginning at 6:30 P.M.

The events are as follows:

50 meter
100 meter
400 meter
3 mile race

Long Jump
High Jump
Shot Put

Take part! T-shirts, shorts, and shoes to the winners.

SLOW PITCH GAME - TONIGHT

THURSDAY, AUGUST 14th

STONY MOUNTAIN GIANT ALL-STARS

versus

WINNIPEG STREARERS of the Winnipeg Men's
Slow Pitch League.

GAME TIME: 7:00 P.M.

Be there and support the Giants.



(Continued Page 8.)

SPORTS (Continued from Page 7.)

OLYMPIC WEIGHTLIFTING CLINIC

An Olympic Weightlifting Clinic will be held on THURSDAY, AUGUST 21st, 1980, at 7:00 P.M. in the Recreation Hall Classroom.

The Clinic will feature Jeff Rohne, President of the Manitoba Weightlifting Association and Russ Prior, a Gold Medallist from the 1978 Commonwealth Games in Edmonton.

The Clinic will include introductions to the sport of Olympic Weightlifting; techniques employed, and training methods that can be used.

Anyone interested please put your name into the Recreation Office by noon, AUGUST 20th.

* * * * *

'WOMEN ATHLETES SEXIER'

LONDON (Retuer) --- Women athletes are sexier than the average woman and make better lovers, a woman doctor says.

Dr. Christine Pickard, in an article in the magazine World Sport dismissed as nonsense the idea that women athletes are men masquerading as females.

"All may not be the prettiest birds around, but they all have lithe, well-developed bodies," said Dr. Pickard. "And generally they are much more interested in sex, and physically more responsive, than their less active sisters."

Athletes' bodies are important to them---the intellectual on the other hand tends to take his body for granted. When it comes to sex, the intellectual is at a disadvantage." Dr. Pickard is 33, unmarried and plays tennis.

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